

PMH Reflective Journal Assignment

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The psychiatric care world is one that is admittedly unknown to me, despite that fact that I think it highly intriguing. The diagnosis and treatment options available to each patient seem so vast that it can be daunting for me to know where to begin. My perceptions of mental illness are also still rooted in rudimentary assumptions built off personal experiences and friends/family that struggle with mental issues. Therefore, I am very aware that psychiatry is not a field to be taken lightly. Furthermore, I have a great respect for those in the care of psych patients, knowing that there may never really be a cure to some issues, and that even the pursuit of improvement may be lifelong for some patients. This compared to disease treatment where often the care plan is structured and straightforward, treating mental issues seems like an ever evolving effort. I do hope that I can come to better understand these patients and their struggles, as well as formulate an effective strategy for how to approach different obstacles interfering with a given patient's own self-care.

One of the biggest questions I would have would be if we can ever consider a patient "cured" from a psych diagnosis, and to what parameters do we measure improvements.

Another Question that I am deeply curious about relates to the development of each issue. I have often been fascinated by the philosophy of Nature vs Nurture, and how our experiences and genetics shape us into who we are. I would be curious into delving into how this affects medical trends in treatment and understanding psychiatric illnesses.

Lastly, I would be curious about the non-pharmacologic methods and strategies we can offer and to patients struggling with mental illness, but wanting recovery options that do not rely on life-long medications.

Either way, I am very excited and dedicated to learning how to continue to grow as a nurse, and offer the best care to all my patients regardless of their background